

A clear proof of the chemotropic nature of the sexual impulse in man as automatic reactions to chemical stimuli in the blood is afforded by the study of the effects of aphrodisiacs upon the human body and brain, "in which case," writes Fischer, "we observe the genesis not only of physical, but of psychological sexual excitations."

Fischer's theory, in short, is that both the normal and pathological manifestations of sexuality in man are chemotropisms determined by the chemistry of the blood, which in turn is influenced by two major factors: hormones produced by the endocrine glands and toxins and chemical end-products of metabolism.

An increase in blood pressure, caused by an overconsumption of animal protein and resulting formation of uric acid in the blood, in Fischer's opinion, can precipitate an erotic attack just as it can precipitate an asthmatic attack or an attack of gout. The problems of sexual morality and sexual therapy thus resolve themselves into problems of biochemistry. Pathological manifestations of sexuality, according to this conception, have their origin in an abnormal blood chemistry, which can be corrected by a biochemical alteration of the composition of the blood through diet, which affects the chemical composition of the blood and the functioning of the endocrine glands.

Fischer's mechanistic theory of human sexual behavior traces the sexual process through three main successive stages: (1) a biochemical stage, an alteration of the chemistry of the blood by hormones, toxins, and end-products of metabolism, the latter usually acting on the gonads, stimulating them to overactivity, (2) a cerebral stage--the action of the chemically altered blood upon the brain and erogenous nerve centers, and (3) a muscular stage--sexual acts terminating in the orgasm.

We have referred previously to the effect of uric acid, produced by the metabolism of meat and other animal proteins, as well as certain vegetable proteins to a more limited extent, as an aphrodisiacal stimulant, for which reason foods and beverages that introduce much uric acid into the blood, as flesh foods and coffee, are known to be sexual stimulants. The same is true of tea, cocoa, and chocolate, which also contain uric acid in addition to other aphrodisiacal substances as caffeine, theophylline, and theobromine.

According to most authorities, the seat of sexual sensibility lies in the mucous lining of the prostatic urethra; and since uric acid acts as an irritant of this mucous membrane and tends to set up inflammatory processes therein, we can understand by Dr. Alexander Haig, in his extensive research on uric acid, as recorded in his book, *Uric Acid a Factor in the Causation of Disease*, shows that there is a definite relation between the concentration of uric acid in the blood and intensity of sexual feeling, which is indirectly related to the action of uric acid in increasing the blood pressure and the effect of increased blood pressure on heightened sexual desire while lower blood pressure reduces it.

Dr. Haig illustrates the influence of blood pressure on the sexual impulse by referring to the case of the opium addict, who, when in a state of opium well being, when the capillaries are free and the blood pressure low, has no sex desire whatever, but later on, during the stage of rebound, when the blood pressure is high, strong sexual desire appears. Since foods that introduce considerable uric acid into the body increase the blood pressure, as is true of meat and other flesh foods, we can thus account for their aphrodisiacal effect. On this subject, Dr. Haig writes: